



In December's Newsletter

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- Waves Training Studio Details
- Video: 40 Foot Surf!
- *NEW* Costa Rica Learn to Surf Trip!
- Recommended Viewing: UNSALED
- Recommended Reading: PERIODIZATION
- Swiss Ball Size Guide
- Hydration & Performance

VIDEO



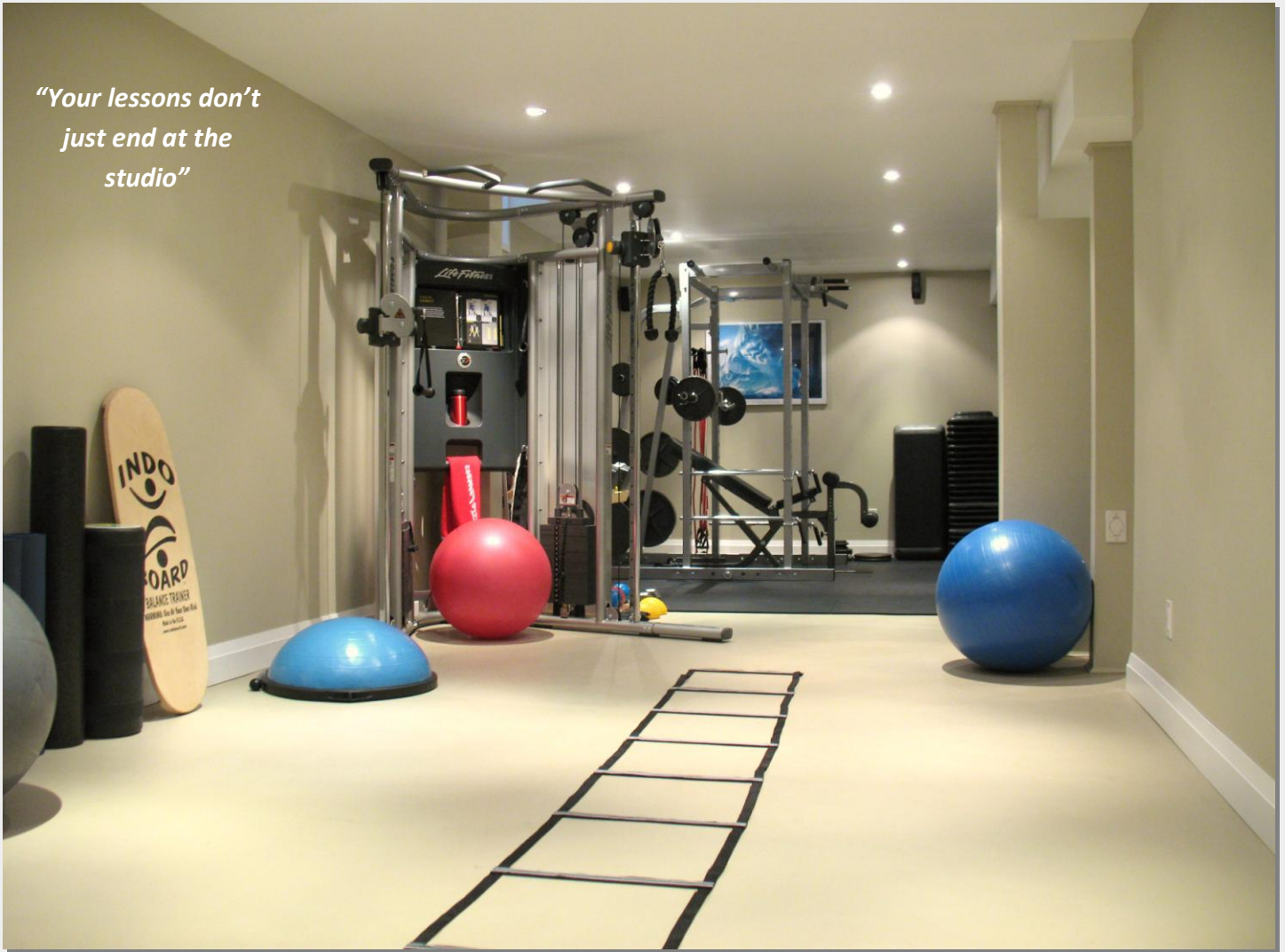
Peahi (Jaws) Maui, Hawaii 40-50 Foot Waves!

December 7th-8th

www.youtube.com/watch?v=4dHeckEkkqQ

www.youtube.com/watch?v=yGdk2OdwWhk

*"Your lessons don't
just end at the
studio"*



NEW Personal Fitness Training Studio
(Thornhill near Promenade Mall)

Intro Training Rates **\$55/ hr session!**

Mike trains **EVERYONE** from fitness newcomers to world class athletes. *He will get you in shape!*

A great gift!

- Muscle Gain, Fat Loss
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mike@catchawavefitness.com

www.catchawavefitness.com

Book Now!

***Grand Opening Rates
End February 28th***

*\$55 Rate for bookings of 25+, Rates increase 25% after February



www.surfontario.com



Surfer Interview: Dave Hon

1. What got you interested in surfing?

I love the ocean, I want to be in it 24-7. Therefore, riding on a wave, feeling its power, gliding with its momentum and force could be the best interaction of the human body with the ocean.

2. Had you surfed before your Lake Ontario lesson? If so, where?

Yeah!! I surfed in Newport Beach, Santa Monica and La Jolla in California as well as some of the beach breaks around Sydney, Australia such as Bondi, Bronte and Manly.

3. When you heard about Surf Ontario, did you believe it was possible to surf on the Great Lakes?

Honestly, I didn't really believe that one could surf on the Great Lakes.

4. How were the wave conditions?

It was awesome that day!! It was like Bondi on a windy day.

5. Saying "learning to surf is challenging" is an understatement. How would you describe the learning process?

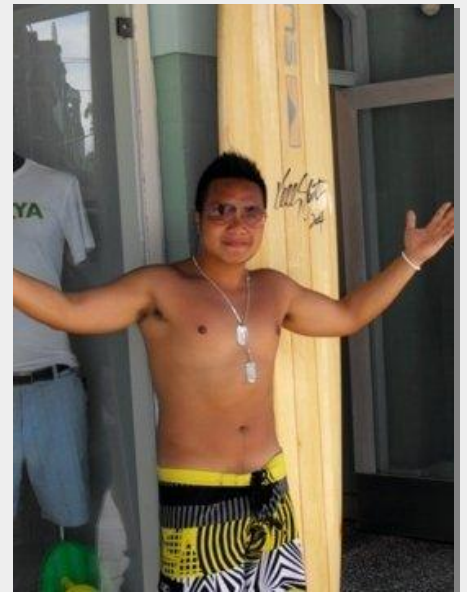
Be patient, never give-up and just enjoy every single moment of it!!

6. Your friend from Hong Kong joined you in the surf lesson and you both got a fair number of rides. Do you think learning with a friend made the experience more enjoyable?

Totally!! Because you can have someone to laugh at when he/she makes mistakes, or acts stupid! Seriously, nothing can compare to participating in a great sport together with your friends.

7. Riding a wave is incredibly rewarding. What does it feel like?

I was stoked to the max!! Enough said!!



Cont'd

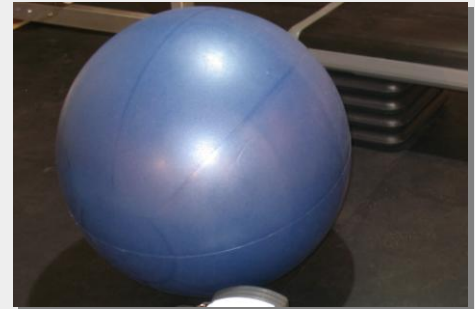
8. What would you say to someone who believes you can't learn to surf on the Great Lakes?

I would tell them not to underestimate the power of the Great Lakes when the surf is on; it's totally comparable to the ocean. And, to never doubt the strong will of a surfer who is determined enough to surf on any type of body of water!

9. What advice would you give to an Ontarian who wants to get into surfing?

Take a few lessons with Mr. Mike Sandusky of Surf Ontario and feel it first!! If you end up loving it, like myself, then buy your own equipment! Finally, be patient, appreciate and treat the Great Lakes as your friend and sooner or later you will know them well!!

● Swiss Ball Size Guide



Height

Ball Size

- Less than 5'2" (1.57m) 45cm
- 5'3" – 5'8" (1.60 - 1.72m) 55cm
- 5'9" – 6'2" (1.75 - 1.88m) 65cm
- Taller than 6'3" (1.90m) 75cm

Purchase a sturdy ball that is safe and built to last. Two brands I highly recommend are Sissel and Twist Conditioning Swiss balls. These are burst proof, which means if they puncture, they will deflate slowly. This is extremely important if you are doing any exercise while sitting, kneeling, supine or standing on the ball.

The ball pictured above is a Sissel brand with a max weight limit of 2200 lbs. These can be purchased at Foremost Fitness in Toronto: <http://www.foremostfitness.com/>

You can order Twist Swiss balls: <http://cdnstore.twistconditioning.com/>

A ball of lesser quality from Walmart, Fitness Source, or Fitness Depot will do the job, but in the long run, the higher end Swiss balls will provide better service. With either ball, make sure there are no sharp edges, tacks, or nails around when you are training.

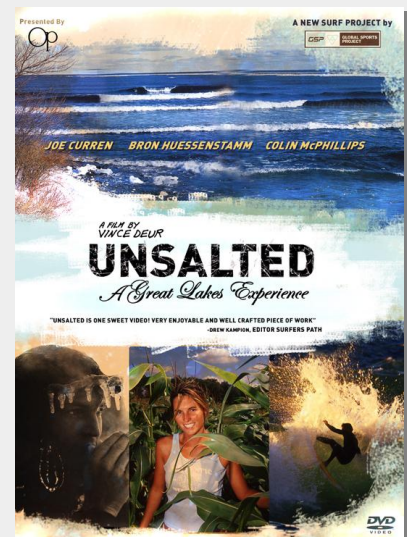
RECOMMENDED VIEWING

A film by Vince Deur

UNSALTED

A Great Lakes Experience

This is a must see for every new and old lake surfer, and any outdoor and adventure enthusiast; you won't believe the waves!



COSTA RICA GETAWAY

Costa Rica North Trip – December 13-20, 2009

\$2375 All-Inclusive

Costa Rica South Trip – January 10-17, 2010

\$1950 All-Inclusive

Costa Rica South Trip – February 7-14, 2010

\$1950 All-Inclusive

Dates can be arranged to suit groups



COSTA RICA LEARN TO SURF TRIP – Tamarindo JANUARY 23RD TO 30TH - \$1699

This winter, spend a week learning to surf in one of the most ideal learning environments in the world. Join Mike and other fellow beginner surfers in your quest for the perfect wave. As a late starter to the sport of surfing, Mike has a thorough understanding of the learning process and the progressions needed to become a competent surfer at any age. See for yourself what it feels like to walk on water, only a surfer knows the feeling!

This rate includes:

- Food, including non alcoholic drinks, taxes
- Accommodation. Hotel Pueblo Dorado in Tamarindo, a close walk to the surf, you can carry your board
- Accommodation: Guest suite for four, or share 2 double rooms
- Rooms have AC, cable TV, hot showers. Resort is clean, including a pool, Internet, and friendly staff that speak some English!
- 1-2 Surf lessons everyday as needed
- Mike the surf guide all day
- 4x4 surf jeep to drive us where ever the surf is good (I know a lot of good beaches in the area)
- Transfers to and from the airport, surf, activities, grocery store, anywhere, I'll be your chauffeur
- Surf board rental for the week
- Bonus: Fitness training advice, screening, muscle testing and exercise selection and recommendations

Not included:

- Flight Cost: Roughly \$700-750 CDN for selected dates
- Any activities are roughly 80 each such as kayaking, canopy tour. Tours can be organized from Tamarindo
- Alcoholic drinks
- Departure Tax. 26 US\$

There are a few spots available!

Email Mike for more information: mike@surfontario.com

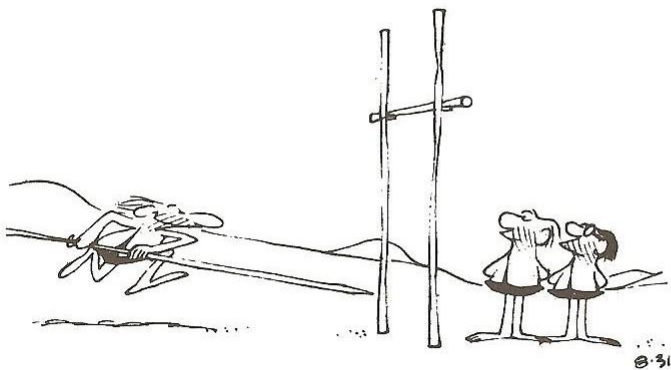
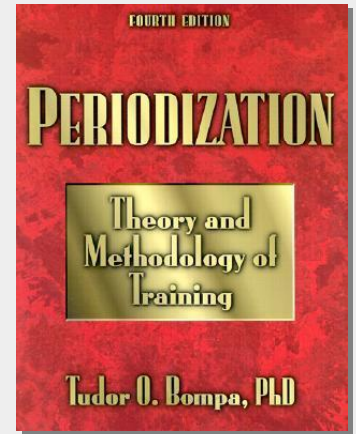
RECOMMENDED READING

PERIODIZATION

Theory and Methodology of Training

Tudor O. Bompa, PhD

Learn to plan safe, comprehensive workouts and know the science behind your training.



Hydration & Performance

- A 1% decrease in hydration results in a 10% loss of performance
- The human body is about 60% water and muscles are 70% water

% Loss of Body Water

0-1
2-5
6
8
10
11

Signs of Dehydration

Thirst
Dry mouth, flushed skin, fatigue, headache
Increased body temp, breathing and pulse, dizziness, increased weakness
Dizziness, increased weakness, laboured breathing with exercise
Muscle spasms, swollen tongue, delirium
Poor blood circulation, failing kidney function

Stay Tuned for January's Newsletter!

TRAIN 2 LIVE
TRAIN 4 LIFE

www.catchawavefitness.com